



Weekly Specials



June 7th - May 13th

Ling Cod \$15.95

Herb-Crusted Ling Cod Fillets

- Fillets of Ling Cod (Cut as many servings as you like)
- 2 tablespoons olive oil
- Salt and freshly ground black pepper to taste
- 1 tablespoon each (dried): oregano, basil, thyme, and rosemary
- 1 small yellow or brown onion, sliced
- 4 tablespoons butter, melted

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1. Preheat oven to 350 degrees.
 2. Liberally coat Ling Cod with olive oil.
 3. Mix and crumble herbs then place each fillet in mixture lightly coating each side.
 4. Season the fillets with salt and fresh ground pepper.
 5. Melt butter in a Pyrex cup, and drizzle the melted butter evenly over the herbed fillets.
 6. Place in a baking dish, with onions surrounding the fillets for essence.
 7. Add the baking dish to the oven and cook for 20 minutes.
 8. Remove the dish and let cool 3 minutes. Plate Ling Cod with wilted onions over the fillets.
 9. Serve with Tartar Sauce and Fresh Lemon wedges.

Sea Bass \$17.95

Super Quick Sea Bass

- 2 sea bass fillets, skin on, pin boned and at room temperature.
- Small handful of fresh basil leaves, torn
- Smoked salt
- Olive oil

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1. Heat a frying pan over a medium heat. Add a little drizzle of olive oil to lightly coat the pan.
 2. Pat the sea bass fillets dry with a kitchen towel. Place them skin side down in the pan and hold them flat with your hand or a spatula for 15 seconds. This stops them curling up. Now leave the fish to cook for 5 minutes and don't try to move them.
 3. After 5 minutes, gently ease the fillets away from the pan with a spatula and turn them over. Cook the other side for 3 minutes.
 4. Place the fillets on plates, then drizzle with a little more olive oil, sprinkle liberally with the salt and finally, scatter with torn basil.

Reminders

Tuesdays: \$2.00 off anything in the case
Curbside assistance and delivery options are available.

Orders delivered Monday - Saturday

Ventura & Oxnard \$50 minimum

Ojai & Camarillo \$100 minimum



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Monday - Friday
11:00 AM - 6:00 PM

Saturday & Sunday
10:00 AM - 4:00PM